

Potatoes, Creamed³⁵

Number of Servings: 35 (90.72 g per serving)

Amount	Measure	Ingredient
7.00	lb	Potatoes, drained, cnd

Nutrients per serving

Nutrition Facts	
Serving Size (91g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars --g	
Protein 1g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* POTATOES: Weigh after draining; or each 2 cups of drained liquid = 1# and can be subtracted from canned weight.

OR can be made from

Fresh potatoes 15# = ~10 # EP potatoes; ie 1# AP = ~2/3# EP

IF FRESH POTATOES ARE USED, they can be boiled with 1 tsp salt for 25 servings for this recipe only because canned potatoes contain sodium and this is figured into the recipe

Drain canned potatoes and dice. Add to 3 quarts (12 cups) hot white sauce per 50 servings (OR ~1/4 cup/serv). Bring to a simmer, stirring often.

Serve 1/2 cup (4 oz ladle or #8 scoop) per serving = 1 vegetable.